

Energize Your Focus**Design Yourselfs More Fulfilling Lives****Instructors: Martha & Stewart Baird, Aspire Associates**

For those who are approaching a crossroads in their education, career, or retirement, we offer an aspirational-empowerment process to discover, dream & design a unique path for themselves utilizing their deepest desires, talents & experiences. The treasure hunt assists each to realize, value & pursue their unique goals within a supportive community. Our guided process, *Passioneering*®, is introspective, interactive & supportive, assisting each to formulate a unique vision weaving together an intersection of their interests to meet a need in our culture.

4 classes**Session 1: September 27 - October 18****Thursday****Session 2: October 23 - November 13****Tuesday****For each session above:****10 - 11:30 am or 1:30 - 3 pm****@ Warren Building****\$95****Min: 4/Max: 16****NEW!****Enhance Your Self Confidence****Instructor: Martha & Stewart Baird; Aspire Associates**

For those who love to dance &/or love to make music. Come & enjoy learning to create coherent forms together using easily understandable guidelines that also increase your self-realization. You can apply the method to other artistic collaborations. Using spontaneous movement & music, this workshop will help you know yourself anew & believe in your own artistry. The entire experience is one of wonder & exhilaration. Bring your instruments & wear clothes in which you like to move.

4 classes**Session 1: September 27 - October 18****Thursday****Session 2: October 23 - November 13****Tuesday****For each session above:****4:45 - 5:45 pm****@ Warren Building****\$35 person****Min: 4/Max: 16****\$20 each additional person****NEW!**

Non resident
fee is
\$10 per class

Alexander Technique**Instructor: Jill Geiger**

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

2 classes**Monday****7:30 - 9 pm****October 15 & 22****@ Warren Building****\$45****Min: 4/Max: 12****NEW!****Holistic Health****Instructor: Andrew Gertler, MD**

In the first class, of this two-session workshop, we will focus on detoxification and toxicity as the prime instigator of most chronic degenerative diseases such as cancer, heart disease, arthritis, and Alzheimer's disease. The concept of aging will be understood in this approach as we learn how to avoid many of the food and water borne toxins through use of dietary discrimination. We will introduce you to the general fasting and herbal regimens for detoxification as well as the more focused ones dealing with heavy metals. In the cardiovascular session, lifestyle modifications will be discussed along with the latest concepts of risk factors. You will see how alternative methods can be used to reverse heart disease and how natural agents can be used to achieve cholesterol control as well as a panoply of other advantageous effects often beyond the reach of prescription medications. Join me to learn how to achieve more than you thought possible using safe and natural methods.

2 classes**Tuesday****7:30 - 9 pm****October 30 & November 6****@ Warren Building****\$45****Min: 6/Max: 18**